



Kahu Kordell Kekoa, right, leads representatives from the U.S. Army Garrison-Hawaii, Hawaiian Electric Company and

government officials in a blessing and groundbreaking for a new power plant that will be built on Schofield Barracks.

The plant will strengthen Oahu's electric grid and make it more reliable, provide energy security for the U.S. Army in

Hawaii, and improve the integration of renewable energy resources, such as solar and wind power.

Army, Hawaiian Electric break ground for power plant

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — With many hands digging in to make it a reality, senior Army leaders, government officials and Hawaiian Electric Company executives broke ground on the Schofield Generating Station project, Monday.

The generating station is a biofuel-capable power plant that will be run and owned by Hawaiian Electric Co. The Army leased 8.13 acres of land to build the plant. The groundbreaking and blessing ceremony highlighted the partnership of Hawaiian Electric Co., U.S. Army Garrison-Hawaii, the U.S. Army Office of Energy Initiatives and several others to develop renewable clean energy.

“Energy is not the core competence of the Army; theirs is the fight to defend the U.S. Constitution,” said Honorable Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment and one of several event speakers. “But the mission of the Army without assured access to energy makes them stand silent, and their mission fails.”

Schofield Barracks and its adjacent installations will be one of several areas the plant will service during an emergency power failure on Oahu. The 50-megawatt power plant will connect to the main power grid with an electrical power transmission line to Hawaii Electric



Hammack

Co's Wahiawa substation.

The future plant serves a strategic location for both the Army and civilian sector.

“When built, this plant is significant because it will be the first on Oahu built at high level,” said Alan Oshima, president and CEO of Hawaiian Electric Co. “In the past, we’ve relied on ocean cooling, but with the danger of tsunamis and flooding, we need to rethink for our future. This plant will provide power to the residents of Oahu, connecting to the grid and to the military. But in times of emergency, it can provide the Army and Wahiawa General Hospital with the ability to cope during power failure far better than we can in the present.”

The plant will also be able to restart other stations in an emergency, possibly preventing wider scale power loss Oahu residents may have experienced in the past.

Col. Stephen Dawson, commander, USAG-HI and a trained electrical engineer, encouraged attendees to think about how to expand operations and be even more sustainable. He asked the audience to think big.

“We’re breaking ground on parcel of land that has a history of agriculture with resources that could power a biodiesel plant,” Dawson said.

After senior government leaders spoke, Kahu Kordell Kekoa led a traditional Hawaiian blessing of the area. Kekoa explained the significance of the different elements in the blessing. He used salt from a salt pond on Kauai to purify the ground, purified rainwater and three ti leaves fresh from the land at the nearby community center run by Island Palm Communities.

After telling an old joke about how in a power outage many hands make “light work,” Kekoa asked for the audience’s help in the blessing.

Col. Steve Peck, command chaplain for 25th Infantry Division and USAG-HI, also offered his blessings earlier and helped Kekoa in carrying his materials for the traditional Hawaiian blessing.

Kekoa asked the audience to reflect about their children, grandchildren and the generation of children to come as part of the blessing of the site.

“Think for them – what the next levels and next stages will be,” he said. “In Hawaii, we’re big dreamers, and this power plant will be history for them. What will be next? We want the best for them.”

“This Hawaiian rainwater in this koa bowl was rainwater 25 years ago, rolling down the Waianae Mountains, drip by

drip, to get to the water table. This was that rainfall 25 years ago. Think about what you were doing 25 years ago.”

After the Hawaiian blessing, senior officials each took one of 12 golden shovels and ceremonially turned over the first few mounds of dirt. Several government leaders were among those shoveling, including Gov. David Ige, who addressed the crowd about his enthusiasm for the project as the governor and an electrical engineer.

“I look forward to continued partnership for this project, and truly believe for 100 percent renewable energy use for Hawaii. It’s a lot closer than you might think,” the governor said. “Especially with imagined projects like this, it’s making that dream a reality.”

Senator Brian Schatz, Senator Mazie Hirono, Representative Tulsi Gabbard and Christine Harada, Federal Chief Sustainability Officer, White House Council on Environmental Quality, also provided remarks.

Watch It

To see the video from the Hawaiian Electric Co. groundbreaking, visit <https://www.facebook.com/usaghawaii/> on Aug. 22.

To see more photos and video of the ceremony, visit <https://www.flickr.com/photos/usaghawaii/>.

Army chief of staff wraps up Asia-Pacific tour

ARMY CHIEF OF STAFF
Public Affairs

WASHINGTON — The chief of staff of the Army wrapped up a 10-day tour of the Asia-Pacific region on Tuesday, Aug. 23, with a troop visit in Hawaii.

Gen. Mark A. Milley met with Soldiers from the 25th Infantry Division at Schofield Barracks and visited the division’s Lightning Academy, where he observed Soldiers demonstrating their jungle survival skills.

While in Hawaii, Milley also met with 25th ID command teams, viewed company headquarters buildings, and toured an Army ship, the Logistics Support Vessel of the Army’s 8th Theater Sustainment Command, at Joint Base Pearl Harbor-Hickam.

“The Army is a critical part of maintaining stability in the region and your Soldiers are doing a great job throughout the entire region,” Milley told leaders. “From the jungle school to Pacific Pathways, they are doing a lot to gain and maintain high levels of readiness.”

Milley kicked off his Asia tour with a trip to China, Aug. 16-17, where he met with the People’s Liberation Army ground force commander, Gen. Li Zuocheng, and participated in a round-table discussion with researchers at the PLA’s Academy of Military Sciences, the country’s leading defense think tank.

He next travelled to the Republic of Korea, where he spoke with brigade command teams and Soldiers at Camp Humphreys. He also met with U.S. Forces Korea commanding general Gen. Vincent Brooks, observed preparations for exercise Ulchi Freedom Guardian, and received an update from the 2nd ID/ROK-US Combined Division at the Rodriguez Live Fire Complex, Aug. 18.



Chief of Staff of the U.S. Army Gen. Mark A. Milley ignites tree bark during a visit to the Tropic Lightning Division’s Jungle

He concluded his South Korea visit with a meeting hosted by his ROK Army counterpart, Gen. Jang Jun-Kyu, on Friday, Aug. 19.

Milley then travelled to Japan and met with the chief of staff of the Japan Ground Self-Defense Force, Gen. Toshiya Okabe; the chief of staff of the Joint Staff, Adm. Katsutoshi Kawano; and Tomomi Inada, the minister of defense. He attended a town hall-style lunch with U.S. Army-

Operations Training Center. Milley witnessed the JOTC’s capabilities and how it trains students to fight and survive

Japan leaders at Camp Zama, Saturday, before departing for Hawaii.

In Hawaii, Milley attended the Na Koa wounded warrior regatta, toured the Armed Forces Recreation Center’s Hale Koa Hotel in Waikiki, and met with the commanders and staff of both U.S. Army-Pacific and U.S. Pacific Command, as well as Hawaii Gov. David Ige.

During the trip, Hollyanne Milley, the Army chief of staff’s wife, met with Army

spouses and U.S. and multinational counterpart spouses in China, South Korea, Japan and Hawaii to discuss quality of life issues, including medical care, education and commissaries.

See p. B-2. Hollyanne Milley, spouse of the Chief of Staff, visited Schofield Barracks’ Daniel K. Inouye Elementary School.

Photo by Sgt. Ian Morales, 25th Infantry Division Public Affairs



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii

Col. Stephen E. Dawson

Garrison Command Sergeant Major

CSM Lisa C. Piette-Edwards

Director, Public Affairs

Dennis C. Drake

Chief, Internal Communication

Aiko Rose Brum, 656-3155

editor@hawaiiarmyweekly.com

News Editor

John Reese 656-3488

news@hawaiiarmyweekly.com

Pau Hana Editor

Jack Wiers 656-3157

community@hawaiiarmyweekly.com

Staff Writer and Photo Editor

Christine Cabalo 656-3150

reporter@hawaiiarmyweekly.com

Layout

Kristen Wong

Advertising: 529-4700

Classifieds: 521-9111

Address:

Public Affairs Office

745 Wright Ave., WAAF

Building 107, 2nd Floor

Schofield Barracks, HI

96857-5000

Website:

www.hawaiiarmyweekly.com

Nondelivery or distribution

656-3155 or 656-3488

Contributing Commands

U.S. Army-Pacific

Russell Dodson, 438-2662

25th Infantry Division

LTC Robert Phillips

655-6343

2nd Brigade Combat Team

MAJ Karen Roxbury

655-9526

3rd Brigade Combat Team

CPT Ramee L. Opperude

655-1083

25th Combat Aviation Brigade

CPT Heba Bullock

656-6663

8th Theater Sustainment Command

MAJ Leslie Waddle

438-1128

311th Signal Command (Theater)

CPT Liana Kim, 787-4095

94th Army Air & Missile Defense Command

SFC Claudio Tejada Valerio

448-1556

9th Mission Support Command

CPT Liana Kim

438-1600 ext. 3114

18th Medical Command (Deployment Support)

SFC John D. Brown, 437-4737

Tripler Army Medical Center

James Guzior, 433-2809

U.S. Army Corps of Engineers-Honolulu District

Joe Bonfiglio, 835-4002

500th Military Intelligence Brigade

SFC Thomas Collins

437-6819

599th Transportation Brigade

Donna Klapakis, 656-6420

USAG-Pohakuloa

Dennis Drake, 656-3154

DHS encourages preparedness for Sept.

DEPARTMENT OF HOMELAND SECURITY News Release

September is the first month of fall, when most of the kids head back to school. It is also a traditional month for the Department of Homeland Security to celebrate preparedness.

Due to the success of last year's theme, "Don't Wait, Communicate. Make Your Emergency Plan Today," will be returning this month with a continuing emphasis on preparedness for you, especially teens, older adults, people with disabilities, and others with access and functional needs.

DHS is excited about the opportunity to help you and your family learn more about emergencies and how to be prepared whenever or wherever they strike.

As is the tradition, each week of Nation-

al Preparedness Month has a designated theme:

- Week 1 (Aug. 28-Sept. 3): Promote National Preparedness Month.
- Week 2 (Sept. 4-10): Preparing Family and Friends.
- Week 3 (Sept. 11-17): Preparing Through Service.
- Week 4 (Sept. 18-24): Individual Preparedness.
- Week 5 (Sept. 25-30): Lead-up to National PrepareAthon! Day.

More Online
More information about each of these themes is available on Ready.gov/September to share with your friends and family.



AT efforts are everyone's responsibility - always

JASON MCLENDON

Provost Marshal/Protection Office
Installation Management Command

As Antiterrorism Awareness Month winds to a close, it's important to remember that vigilance is required year-round to protect from the global threat of terrorism.

"The awareness month program presented an opportunity to highlight the seriousness of this important topic given today's threat environment," said Dale Roth, Headquarters, Installation Management Command protection branch chief. "But it is always important to take extraordinary action to increase awareness across our Army communities, worldwide, all year long."

The only way to prevent, protect, mitigate, respond and recover collectively and as individuals when faced with a hostile situation is to know what to watch for, and how to respond, Roth explained.

"Our personnel must remain mindful of the potential circumstances that could develop, placing them as a target of opportunity or consequential victim of a terrorist attack," Roth said.

Multiple attacks over the past year in both our homeland and abroad have resulted in



Graphic by U.S. Army

increased force protection actions on our installations, but there still remains a need to remain vigilant and maintain an ever-increasing awareness of activities around us.

Threats may range from local criminal activity and insider threat actions to terrorists and active shooters to breaches in our security through the use of unmanned aerial systems or cyber-attacks. As these threats continue, so must our vigilance, to include maintaining a keen awareness and understanding of actions to take when observing and responding to these activities.

As individuals and units, we must synchronize awareness efforts to avoid circumstances that could increase risk of becoming

a target. For example, become current on all required antiterrorism and active shooter training, rehearse individual and collective response options, maintain high vigilance and awareness, and know when and how to report any suspicious activity.

"It is imperative that not only leaders, but all Army personnel, participate in AT awareness activities year-round," Roth said. "We must be consistent in reinforcing the importance of protecting our Army communities against this ever-evolving and persistent terrorist threat."

Roth encourages spouses to take the class, and for parents to discuss what they've learned with children in an age-appropriate manner.

"Keeping us safe is everyone's responsibility," he said. "Year-round."

AT Online

The online antiterrorism class is not limited to uniformed personnel, and there is a "non-CAC holders" link on the training home page. Visit <http://jko.jten.mil>.

Military orientation takes place for civilians; it's JCOC

CHERYL PELLERIN

DoD News, Defense Media Activity

WASHINGTON — On the second day of a weeklong conference that is essentially "Defense Department 101" for civilians, Defense Secretary Ash Carter, Deputy Defense Secretary Bob Work and other officials welcomed to the Pentagon 40 leaders in business, community organizations and academia, Aug. 15.

The program is called the Joint Civilian Orientation Conference, and for most of the years since 1948, the defense secretary has invited select groups of civilians to the Pentagon and to military bases to engage with troops and leaders of all five armed services and observe their work on land, at sea and in the air in the United States, and sometimes internationally.

Building new bridges

"I know you're all busy and you could be doing something else with your August. Instead, you've chosen to learn more about us and our mission to protect the American people," Carter told them. "You'll see why I'm so proud to lead the finest fighting force the world has ever known."

One of the secretary's core goals is to reach beyond what he calls a five-sided box and build new bridges between the Pentagon and the private sector, and the civilian orientation conference is an important part of that mission, he said.

Over the next week as they visit military facilities in the southeast part of the nation, the group will interact with many of the extraordinary men and wom-



Photo by Marine Sgt. Drew Tech

Air Force Gen. Paul J. Selva, vice chairman of the Joint Chiefs of Staff, delivers the keynote speech during the reception for the Joint Civilian Orientation Conference outside Washington, Aug. 14.

en serving in the U.S. military and with many dedicated DoD civilians, Carter added.

"I hope you'll take the opportunity to exchange ideas with them and with each other about our shared mission of national defense," the secretary said. "I know you'll learn a few things from our people, but hopefully we'll learn from you as well. And when you're back, please share your feedback with me and my staff."

Closer look

Before the JCOC participants heard from Work, they received background information from a range of defense officials.

They spoke with Air Force Gen. Paul J. Selva, vice chairman of the Joint Chiefs of Staff, and they heard from Pentagon Press Secretary Peter Cook, who explained that the Pentagon is alone among the federal agen-

cies in having a commercial press corps with unhindered access to the building's public areas.

From Air Force Maj. Gen. Jacqueline D. Van Ovost, vice director of the Joint Staff, participants learned about the workings of the Joint Chiefs and heard a lighthearted description of the Pentagon's "acronym twilight zone."

And from Army Command Sgt. Maj. John Wayne Troxell they learned about his duties as the senior enlisted adviser to Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff.

Corporate mission

During his remarks, Work described DoD as the largest corporation on the planet with a mission that is, he said, "pretty simple - to recruit, organize, man, equip (and) train joint forces that are ready for war and are operated forward to either

preserve the peace, enforce the peace or compel the peace as ordered to us by the president."

The department's duality plays out this way, he said: One side of the department - the administrative side - focuses on making ready joint forces. The other side of the department employs joint forces at the orders of the commander in chief.

"The secretary, who's the chief executive officer, gives vision to the department (and) sets the direction," Work explained. "But he really is focused on how (will the department) employ those forces around the world for the president."

The chief operating officer - the deputy secretary himself - is focused more on the administrative side, which produces two key products, he said.

The first product is ready forces, so everything that goes into the ready forces, while the second product they produce is a defense program that's part of the president's budget submission and is handed over to Congress, Work explained

"So," the deputy defense secretary said, offering them one of his favorite gags, "I always describe my job as the tethered goat in Jurassic Park" and the participants laughed in appreciation.

Work answered a range of questions. In his answer to the last question, the deputy defense secretary discussed Carter's Force of the Future, and the secretary's several initiatives seeking to reach out and work with companies in Silicon Valley in California, in Boston and in other centers of innovation.

Voices of Ohana

Since August is Pedestrian Safety Month, we wondered,

"What's the best way to be safe when you're walking around?"

by Spc. Jaime Ruiz, 8th Theater Sustainment Command Public Affairs



"Don't run with scissors."

Spc. David Adelman
Geospatial engineer
5th GPC



"Stay awake and alert."

Pvt. William Cintron
Wheeled mechanic
545th Trans. Co.



"Don't stare at your phone."

Spc. Adrian Crooks
Intelligence analyst
311th SC(T)



"Don't play Pokemon Go!"

Pvt. Tanisha Lowe
Signals intelligence analyst
HHD 500th MI Bde.



"Don't walk in the middle of the damn parking lot; there is a sidewalk for a reason!"

Pfc Philip Sechow
Sat-communications operator and maintainer
94th AAMDC

Warm welcome back for 524th’s Sustainers

Story and photos by
SGT. IAN IVES
25th Sustainment Brigade Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Despite the mist and cloudy weather, only looks of anticipation and happiness were seen within the crowd gathered at Weyand Field, here, Aug. 18. This was the day they’d awaited for nine months.

At the end of a short welcome home ceremony, the field was flooded by families and Soldiers alike who ran toward their loved ones. Children screamed with joy as they re-united with their Sustainer parents for the first time since they had deployed to Kuwait with Headquarters and Headquarters Company, 524th Combat Support Sustainment Battalion, 25th Sust. Brigade, 25th Infantry Division. The group of 63 Soldiers from HHC, 524th CSSB, had deployed to Camp Buehring, Kuwait, last December, to sustain and support forces in Iraq, Afghanistan, Jordan, Qatar and Kuwait.

“I’m set up so that companies within my battalion at Schofield can unplug and fall in another formation,” said Lt. Col. Toby Logsdon, commander, 524th CSSB. “I fell in with Guard and Reserve forces while I was in Kuwait and active duty force from all over the continental United States.” Missions where a small unit deploys to support a larger unit or an entire region are exactly how the 25th Sust. Bde. operates. Despite having only one company in country, these Sustainers accomplished many things while deployed.

The unit drove more than 2.3 million miles of ground transportation missions, sailed almost 45,000 nautical miles, provided 15 million gallons of fuel, repaired 3,800 containers and supplied friendly forces with more than 100 million rounds of ammunition.

One mission required Sgt. Danny Kintchen to travel into another country to complete it.

“I was sent to Iraq to fix some equipment that had been down for a long time,” Kintchen said. “The commander trusted me to go and get that job done.”



Maj. Bradley May, executive officer, 524th CSSB, holds his son for the first time in 9-months after returning home from his deployment to Kuwait.



Soldiers with HHC, 524th CSSB, 25th Sust. Bde., 25th ID, take their first steps back onto American soil, Aug. 18, after completing a 9-month deployment in Kuwait. While on deployment HHC, 524th CSSB, sustained operations in five different countries and supported over 2,000 Soldiers.

While the Sustainers excelled at accomplishing the unit’s mission, they made good use of their down time to break up the monotony of deployment.

“This deployment helped me improve myself both professionally and personally,” said Spc. Yessenia Galindo. “I went to school, got my promotable status, a 300 PT score and went to a Soldier of the Month board. I feel like I was able to accomplish a lot.”

Deployments are often a burden, but if Soldiers take the opportunity, they can accomplish great things while fulfilling their mission.

“Being deployed for the third time ... it helped me grow,” Kintchen said. “I feel more appreciative of what I have now that I am back home. Soldiers should use experiences like this deployment to become better Soldiers and better people.”

(Editor’s note: William Cole, Honolulu Star-Advertiser, contributed to this report.)



Photo by Christine Cabalo, Oahu Publications
SCHOFIELD BARRACKS — Col. Mario A. Diaz, division deputy commander, 25th Infantry Division, recognizes Spc. Cristy Woodruff, 40th Composite Supply Co., 524th Combat Sustainment Support Battalion, 25th Sust. Brigade, and her husband Joseph (right). The two, along with Sgt. 1st Class Nicholas Beauchamp (second from left) were among several who provided emergency aid during a two-person traffic fatality on Kunia Road, Aug. 20. The group also ensured the surviving passenger received critical medical attention.

USARPAC marksmen go for German gold, earn GAFPB

Story and photo by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — More than 120 Soldiers from nine different subordinate commands under U.S. Army-Pacific earned the German Armed Forces Proficiency Badge after completing several timed, athletic and military events, here, Aug. 15-17.

The 303rd Explosive Ordnance Disposal Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command, hosted the three-day event, with more than 200 Soldiers competing for the coveted badge.

The GAFPB is a decoration of the Bundeswehr, the Armed Forces of the Federal Republic of Germany, and is one of the three German devices authorized for wear on the U.S. military uniform.

The competition consists of five timed athletic and military events, with three different levels to earn a bronze, silver or gold badge.

Soldiers competing for the badge must complete a fitness test, a 100-meter swim in combat uniform, pistol marksmanship, a 7.5 mile march carrying a 33-pound rucksack, Nuclear Biological and Chemical proficiency and combat lifesaving skills.

However, for many of the Pacific Soldiers, it was sink or swim on the first day, with over 100 Soldiers being eliminated during the 100-meter swim.

“The swim was the biggest drop out for the Soldiers,” said 2nd Lt. Emily Russell, the

officer in charge of the event, Headquarters and Headquarters Company, 303rd EOD Bn. “They really underestimated it.”

Hauptfeldwebel (which means sergeant major) Ronald Schiller, liaison, Combined Arms Support Command, was thrilled for the opportunity to oversee the competition. Despite the constant traveling, usually every month to various military installations all over the world, Schiller said he would not trade the nearly 30 years he has had overseeing the competition for anything.

“I’ve been doing this my whole army career,” said Schiller. “It’s a good feeling to be able to work and train with Soldiers. I love it.”

While he has nearly 30 years of experience overseeing the competition, Schiller said this was the first time he has been involved with so many participants.

Russell, who wanted max participation for the competition, said she couldn’t have pulled the three-day event off without having the support of her noncommissioned officers.

“It was a big eye-opener and learning experience as a young lieutenant,” said Russell. “I could not have done it without my NCOs.”

Out of the 200 Soldiers who began the competition, a total of 129 earned the badge, with only 16 earning gold, 68 earning silver and 45 earning bronze.

Schiller encouraged the Soldiers who didn’t earn the badge this time to try again.

“Keep going and keep reaching for that next goal,” he said.



USARPAC competitors dive into a pool while in their combat uniforms during the GAFPB competition hosted by the 303rd EOD. The competition took place Aug. 15-17, here.

USA marks National Employer Support of the Guard and Reserve Week

DOD NEWS
Defense Media Activity
WASHINGTON — Calling upon all Americans to join him in expressing thanks to the members of the National Guard and Reserve and their civilian employers, President Barack Obama signed a proclamation, Aug. 19, declaring Aug. 21-27, National Employer Support of the Guard and Reserve Week. Obama also called on state and local officials, private organizations and all military commanders to observe this week with appropriate ceremonies and activities.


The proclamation
For more than two centuries, brave patriots have given of themselves to secure our fundamental rights to life, liberty, and the pursuit of happiness – and in times of both war and peace, members of the National Guard and Reserve have stood ready to don our uniform, answer our Nation’s call, and protect our way of life. This week, we recognize the important role-played by the families, employers, and communities of these men and women in ensuring they can step forward and serve

our country when they are needed most. There are more than one million members of our National Guard and Reserve. Throughout the year, they dutifully train and prepare so that when they are called at a moment’s notice to serve their nation, they are able to serve with the honor and dedication that have long been hallmarks of our Armed Forces. Balancing their lives as civilians with their responsibilities in uniform, they defend and protect our people at home and abroad. In the face of natural disasters and humanitarian crises, they are quick to respond and offer assistance; during periods of conflict and strife, they help keep us safe and protect our national interests. These citizen-Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen deserve the full backing of their civilian employers and the promise of a secure and stable life here at home. From the businesses that seek to recruit and retain these patriots in the workplace to the supporters who provide leadership and resources, this unconditional care for our Guardsmen and Reservists and their families is part of what makes our military the greatest fighting force the world has ever known.

Americans who volunteer to serve their country should always be able to partake in its opportunities. First Lady Michelle Obama and Dr. Jill Biden’s Joining Forces Initiative has worked to make it easier for military spouses and veterans to find employment and ensure they are supported in the workforce. And my Administration has worked across all sectors to encourage communities to hire veterans and match members of the Guard and Reserve to the jobs they deserve. We must never waver in our commitment to fight for those who have fought for us, and we must continue striving to connect each of them with opportunities to keep their families strong and our country competitive. During National Employer Support of the Guard and Reserve Week, let us honor the members of our Guard and Reserve for their steadfast dedication to us all – both in and out of uniform. And let us acknowledge the families, employers, and businesses whose encouragement and flexibility have enabled our military to thrive, and whose support has been vital to the success, stability, and security of our Nation.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim August 21 through August 27, 2016, as National Employer Support of the Guard and Reserve Week. I call upon all Americans to join me in expressing our heartfelt thanks to the members of the National Guard and Reserve and their civilian employers. I also call on State and local officials, private organizations, and all military commanders to observe this week with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this nineteenth day of August, in the year of our Lord two thousand sixteen, and of the Independence of the United States of America the two hundred and forty-first.


Barack Obama

Army Surgeon General visits RHC-Pacific

Story and photo by
EMILY YEHL
Regional Health Command-Pacific
Public Affairs

HONOLULU — The Army Surgeon General Lt. Gen. Nadja West, commander, and Command Sgt. Maj. Gerald C. Ecker, senior enlisted adviser, U.S. Army Medical Command, visited Regional Health Command-Pacific, here.

This marks West's first official command visit to the Pacific region as she continues her journey interfacing with Army Medicine team members throughout the globe.

During this visit, West spoke with leaders, Soldiers and civilians who are dedicated to carrying on the Army Medicine mission in the Pacific area of responsibility.

“This trip has been a great opportunity to get feedback from across all levels on how Army Medicine in the Pacific is furthering readiness, as well as identifying the regional health command’s leading practices,” said West.

West shared Army Medicine priorities during a town hall that emphasized support to the Army Chief of Staff’s No. 1 priority: readiness. From a medical standpoint, this means ensuring Soldiers are healthy.

West also drew parallels to Soldiers facing the same health challenges as the

civilian population, with nutrition, sleep and exercise being key components of a healthy lifestyle and highlighting the foundation of Army Medicine’s Performance Triad initiative.

“The town hall and various meetings with leadership provide me valuable insight on how well we are doing as it relates to Army Medicine’s four core lines of effort, which are readiness and health, health care delivery, force development and taking care of the entire Army family,” West said.

West also acknowledged RHC-P as a leader in global health engagements, working in a region with 36 Indo-Asia-Pacific nations.

“RHC-P represents Army Medicine very well,” West remarked. “Everywhere I go, people ask me, ‘What is so special about Army Medicine?’ RHC-P is one of the things that makes Army Medicine one of the best whole joint health services enterprise.”

To wrap-up her visit, West offered a glimpse into her personal journey to become the 44th Army Surgeon General during a leadership presentation, Tuesday, hosted by USARPAC.

In February 2016, West pinned on a third star to become the Army’s first black female to hold the rank of lieutenant general.

Dual-hatted as the MEDCOM



Lt. Gen. Nadja West, the 44th Army Surgeon General and commander, MEDCOM, spoke to RHC-P Soldiers and civilians during a town hall as part of her first official visit to the Pacific region. West discussed current Army Medicine with RHC-P medical professionals.

commanding general, West oversees more than 48 medical treatment facilities, providing care to nearly 4 million active duty members of all services, retirees and their family members.

As the Army Surgeon General, West provides advice and assistance to the Secretary of the Army and Army Chief of Staff on all health care matters pertaining to the Army and its military health care system.

She is responsible for development, policy direction, organization and overall management of an integrated Army-wide health service system and is the medical materiel developer for the Army. These duties include formulating policy

Left — West and Command Sgt. Maj. Gerald C. Ecker, senior enlisted adviser, MEDCOM, speak with the RHC-P leaders, Aug. 22. West oversees 48 medical facilities, and close to 4 million active duty personnel from all branches and their families.

regulations on health service support, health hazard assessment and the establishment of health standards.

Army Surgeon General Visit

During the visit, Lt. Gen. Nadja West received feedback on Army Medicine initiatives and priorities during tours of the region’s military treatment facilities, including these:

- Tripler Army Medical Center,
- U.S. Army Health Clinic-Schofield Barracks,
- 18th Medical Command (Deployment Support), and
- Dental Command-Pacific at TAMC.

MEDCOM is composed of the Medical Research and Materiel Command, Army Medical Department Center and School, and three regional health commands (Atlantic, Europe and Pacific).

West also engaged with leadership at area commands, including U.S. Pacific Command, U.S. Army-Pacific, U.S. Army Garrison-Hawaii and the 25th Infantry Division.

To learn more about RHC-P and what its subordinate commands are doing for beneficiaries and the community, visit www.army.mil/rhcpacific.

About Regional Health Command-Pacific

RHC-P orchestrates the delivery of world-class medical care for service members, families and eligible beneficiaries, and it provides medical readiness and diplomacy in support of U.S. Army-Pacific in the Pacific Command area of responsibility.

RHC-P’s area of responsibility includes all medical, dental, public health, and warrior care and transition services in Hawaii, Washington, Alaska, Japan, Korea and throughout the Indo-Asia-Pacific region.



An uncommon birth takes place in TAMC’s parking lot

AIR FORCE STAFF SGT. CHRISTINA A JUDD
419th Fighter Wing
Hill Air Force Base, Utah

HONOLULU — A soft acoustic rendition of “Twinkle, Twinkle Little Star” playing throughout the halls is not an uncommon occurrence at Tripler Army Medical Center.

The distinct sound of a newborn’s cry at two o’clock in the morning is also not uncommon, here, where roughly 10 babies are born a day, and the labor and delivery unit is busy around the clock.

However, what was uncommon to Spc. Yves Mullineaux, Aug. 4, was to hear that sound, at that time, in the Mountainside parking lot, where she just helped bring a baby into the world during her break.

“I love to take a lap outside mid-shift, and that night I noticed a family



Mullineaux

that looked like they needed some help with their toddler,” said Mullineaux, behavioral health specialist, TAMC, who has been in the Army for five years. “Only when I approached them to offer a hand did I realize the mom was hunched over because she was

about to have a baby, so I ran inside to get a wheelchair.”

After being unable to find a wheelchair quickly, Mullineaux hurriedly called the staff duty to bring one to the parking lot and rushed back to assist the family of three.

Mom declared she could not walk

any further, so dad offered to carry her, despite also trying to tend to their understandably upset toddler.

“She said ‘He’s coming,’ but both mom and dad were very calm given the circumstances,” Mullineaux recounted. “She laid down on the ground, and I helped guide the baby out. It was a boy. After I unwrapped the umbilical cord, I just massaged his back, then he coughed and started crying.”

Once she knew everyone was stable, Mullineaux said she handed the baby to the mother and immediately ran to labor and delivery to notify the charge nurse, who followed her back to the parking lot. A wheelchair arrived on scene and the family of four was whisked into the hospital with the healthy baby’s cries echoing through the hallways.

“Spc. Mullineaux went above and be-

yond the call of duty,” said her supervisor, Staff Sgt. Toshton Garcia. “She was directly responsible for the safety, well-being and preservation of life of a young mother and baby.”

Despite having no training in obstetrics, gynecology, or labor and delivery, Mullineaux jumped to the aid of a family and remained calm during a very stressful 20 minutes.

She said she was able to remain calm because the parents were pretty calm throughout the whole ordeal, and her military training helped her react to the situation without hesitation.

The uncommon birth of the little boy was eventually followed by the common playing of “Twinkle, Twinkle Little Star” over the intercom, and few who heard it thought anything out of the ordinary had occurred.

New tourniquet will save many lives, Army surgeon general predicts

DAVID VERGUN
Army News Service

WASHINGTON — Hemorrhage control is the No. 1 thing you can do to save lives on the battlefield, according to Lt. Gen. Nadja Y. West.

“Stop the bleeding as soon as you can, and stop it as much as you can,” said West, who serves as surgeon general of the Army and commander of the Army Medical Command.

She spoke, here, Aug. 18, at a meeting of the Defense Writer’s Group.

One of the latest advances in treating hemorrhaging on the battlefield, West said, is what is known as the “junctional tourniquet,” which can be applied to wounds in ways not possible with conventional tourniquets.

Traditionally, a medic or fellow Soldier can apply a tourniquet just to a person’s limb, she explained. A traditional tourniquet cannot be used to stop hemorrhaging in the abdomen, chest, groin, waist, pelvis or armpit.

Developed at Army Medical Research and Materiel Command, Fort Dietrich, Md., the junctional tourniquet is essentially a belt with one or more inflatable air bladders that can be puffed up, somewhat like a blood pressure cuff, to apply pressure to a wound.

The device can be deployed to stop hemorrhaging in about 60 seconds.

The junctional tourniquet is now being fielded to Soldiers in harm’s way, but it’s so new – just months since fielding – that West hasn’t yet been briefed on how many lives it has saved,



Photo by Ellen Crown

The Army Medical Materiel Agency is fielding a new junctional tourniquet designed to save warfighters from bleeding to death on the battlefield. The junctional tourniquet is designed like a belt with air bladders that can be positioned in about 60 seconds — a crucial factor for combat medics who only have mere minutes to save a fellow warfighter’s life if he’s hemorrhaging.

though she believes the number will be significant over time.

The new tourniquet is currently being fielded only to medical personnel, though it may in the future become available to line troops, she said.

Lessons learned

In developing the design for the new tourniquet, Army medical personnel visited the port mortuary at Dover Air

Force Base, Del., to examine the remains of Soldiers who didn’t make it. They also examined the body armor they had worn.

“Were there things missing in the body armor? Were their gaps? Were there recurring injuries in a particular spot?” West said, describing the kinds of questions medical personnel asked themselves.

Another capability developed as a

result of the same research, which has been around for some time now, she said, is the ballistic undergarment, which can lessen damage sustained in a blast, such as that of an IED.

The protective gear doesn’t just protect genitalia, she said, it also protects the large arteries and vessels found in the groin area that, if damaged, could result in substantial hemorrhaging.

Conventional tourniquets

Conventional tourniquets have a long history in the Army and in the medical community.

While tourniquets were used in World War II and the Civil War, the medical community, including medical practitioners in the Army, for a long time remained concerned that their use could cause limb damage.

Concerns also involved the effects of improper placement of tourniquets and the effects of extended use.

“We got away from tourniquets for a while,” West said.

But during recent conflicts in Iraq and Afghanistan, the use of conventional tourniquets has saved many lives, she said. Proper tourniquet use, and proper training for first responders, remains key to ensuring their effective and safe use.

One case in point of how conventional tourniquets can save lives is the story of Lt. Col. Greg Gadson, who lost both of his legs to a roadside bomb in Iraq in 2007. West said Gadson attributes his survival to a fellow Soldier who applied tourniquets to his limbs.



All photos by Tim Hipps, Installation Management Command
Sgt. Elizabeth Marks of the U.S. Army World Class Athlete Program earns a berth on the U.S. Paralympic Swimming Team at the 2016 U.S. Paralympic.



U.S. Army Reserve 2nd Lt. Sam Kendricks wins the bronze medal in the men's pole vault with a mark of 5.85 meters on Aug. 15.

OLYMPICS



USA's Sgt. Nathan Schrimsher of the U.S. Army World Class Athlete Program stands in sixth place in the men's Modern Pentathlon competition after the bonus fencing round Aug. 20.



USA's Sgt. Hillary Bor of the U.S. Army World Class Athlete Program runs to an eighth-place finish in the men's 3,000-meter steeplechase with a personal-best time of 8 minutes, 22.74 seconds on Aug. 17.



The U.S. women's rugby sevens squad posted a 19-5 victory over France and played smothering defense orchestrated by U.S. Army Capt. Andrew Locke en route to a fifth-place finish in the Rio Olympic Games tournament, Aug. 8, at Deodoro Stadium in Rio de Janeiro, Brazil.

Many 2016 Team USA athletes gave their all to represent the U.S. in Rio. Visit www.armymwr.com/olympians/ for more details.

DoD, USARHAW promote suicide prevention

BRENT OTO
Suicide Prevention Program Manager
U.S. Army-Hawaii

WASHINGTON — The Defense Department is working with media, nongovernmental organizations and the federal sector to focus on suicide prevention.

In a media roundtable, Aug. 16, Keita Franklin, director of the Defense Suicide Prevention Office, moderated the event with members of the media, the Department of Veterans Affairs, the National Organization of Broadcasters and the Entertainment Industries Council in attendance.

The roundtable was an effort to encourage people to seek help when they are in crisis and call the Veterans Crisis Line.

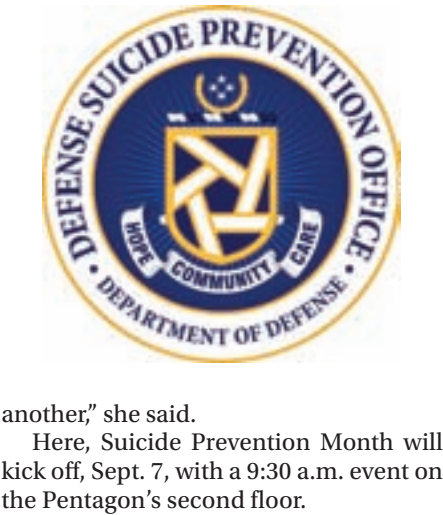
“September is Suicide Prevention Month,” Franklin said, “... but make no mistake; it’s an all-year, all-hands effort, all the time. In September, we will push off a yearlong campaign in collaboration with the VA ... with the theme, ‘Be There.’”

She added that it’s being there for one another, for fellow service members, family or for individuals who have a need.

“So reach out and get help,” Franklin said.

The Suicide Prevention Month theme mirrors today’s military culture, Franklin said – one in which service members rely on each other for help.

“We see that as a strength and hope that folks will continue to be there for one



another,” she said.

Here, Suicide Prevention Month will kick off, Sept. 7, with a 9:30 a.m. event on the Pentagon’s second floor.

Events posted for Suicide Prevention Month

“Be there for your Soldiers, be there for your families and be there for your friends.” This is the theme for September’s Suicide Prevention Month.

The Suicide Prevention Program for U.S. Army Hawaii has joined efforts with all branches of the military, local agencies and community services to provide a wide range of events for USARHAW.

Our mission is to bring awareness and prevent suicide, provide support to those who are in need and to give resources to all veterans, service members, their families and friends.

Fight for Each Other

The F4EO Project was designed with the idea that military members in all services are one family. Suicide affects the lives of our military members, their friends, family and coworkers.

Speakers representing all branches of service will share their stories of how suicide has impacted them personally at five separate installations during Suicide Awareness Month in September. The installation suicide prevention programs managers will be the point of contact for the event.

Registration is required, and once all seats have been filled to capacity, registration will close. All leaders are encouraged to register, be supportive and encourage individuals to seek help.

“We fight together ... it’s time we fight for each other!” said the F4EO Project.

Garrison employees

- Sept. 15, 8:30-10 a.m., at Richardson Theater, Fort Shafter.
- Sept. 16, 8:30-10 a.m., at Sgt. Smith Theater, Schofield Barracks.

The presentations are open to garrison employees. For military personnel, unit leadership must contact the SPPM to reserve seating. Call 655-9105.

Additional presentations

- Sept. 8, 8:30-10 a.m., Hickam Theater, Joint Base Pearl Harbor-Hickam. Call 448-6769.

- Sept. 23, 8:30-10 a.m., base theater, Marine Corps Base Hawaii. Call 257-1481.
- Sept. 30, 8:20-10 a.m., Club 14, Coast Guard, Sand Island. Call 842-2087.

Out of the Darkness Walk

The Out of the Darkness Walks are proof that when people gather together, they can make big changes in the world.

American Foundation Suicide Prevention is the largest event of the year that earns millions for suicide prevention programs, unites those who have been affected by suicide and creates communities that are smart about mental health.

(Editor’s Note: Defense Media Activity contributed to this article. See article at www.defense.gov/News/Article/Article/916477/dod-promotes-suicide-prevention-through-work-with-media-other-groups.)

Veterans Crisis Line
Seeking help in crisis? Call 1-800-273-8255.

Register and Walk
Join and support the initiative, Sept. 17, 8 a.m. (walk takes place 9-11 a.m.), at Magic Island, Ala Moana Beach Park.

To register, go to <http://bit.ly/2afhlnd> or <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=4088>.



Today

ACS Closed — All Army Community Service offices will be closed today for training and planning. It will reopen at 7:30 a.m., Monday. Emergency contact numbers are the Family Advocacy Program at 226-3231 and Army Emergency Relief at 1-877-272-7337 (American Red Cross).

VA News — The Department of Veterans Affairs announced last week that it is piloting a protocol to implement veterinary health benefits for mobility service dogs approved for veterans with a chronic impairment that substantially limits mobility associated with mental health disorders. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2809.

A/C and DPW — The garrison’s Directorate of Public Works strives to provide timely response to air conditioning work orders despite increased system failures during the warm season and severe staffing shortages. The garrison community’s continued patience with A/C repairs is greatly appreciated.

Please help DPW by accurately describing your A/C failure and level of urgency so that it may devote precious resources to the most critical cooling outages. Intentionally elevating the criticality of a cooling outage results in diversion of precious resources away from the true emergencies and overall delays for

all work orders.

DPW A/C techs have been instructed to leave the work site if the work priority of a failed cooling unit is misrepresented. If you have a Demand Maintenance Order number, then DPW is aware of your situation and will work relentlessly within its operational constraints to get your system repaired based on priorities. The DPW work order desk will provide statuses upon request after 10 days since the order was submitted. Thanks for your continued patience and cooperation.



Crimefighting App — The FBI launched a mobile version of its Bank Robbers website to make it easier for smartphone users to view photos and information about bank robberies.

Back in December 2012, the FBI launched its Bank Robbers website featuring a gallery of unknown bank robbery suspects wanted by the Bureau.

Because the FBI, in its own bank robbery investigations, focuses on the most violent and/or the most prolific serial offenders who often cross jurisdictions, the suspects included on BankRobbers.fbi.gov are a dangerous lot and public assistance in identifying them plays a crucial role in efforts to apprehend them.

The mobile Bank Robbers application for iPhones (plus iPads and iPods) and Android smartphones should make it even easier for the public to view photos and information about bank robberies in dif-

ferent geographic areas of the country. The app, which works with BankRobbers.fbi.gov, can be downloaded for free from Apple’s app store or Google Play.

SB HSO (TLA) — Changes were made last month to the Schofield Barracks Housing Services Office procedures and operations regarding Temporary Lodging Allowance certificates. Group briefings are held daily, and personnel must arrive on time.

Visit today’s News Briefs at www.HawaiiArmyWeekly.com for detailed information, or call 655-3076.

September

16 / Friday

Signal Ball — Attend the 2016 Pacific Signal Regimental Ball at the Hilton Hawaiian Village in Waikiki, 6 p.m. Members of the Army Signal community may sponsor young Signaleers who can’t afford tickets.

Visit www.eventbrite.com/e/2016-pacific-signal-regimental-ball-tickets or call 653-5791.

Ongoing

Law School — Applications for the Army’s Funded Legal Education Program are now being accepted. Up to 25 active duty commissioned officers will attend law school at government expense.

Send the original application to the Office of the Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-Rm 2B517), 2200 Army Pentagon, Washington, DC 20310, to be received by Nov. 1, 2016.

Call 655-8743 for further information.



Noise Advisory — Mortar training concludes at Schofield Barracks and noise may be heard by surrounding communities, today, and on the following dates:

- Aug. 29: Army mortar training;
- Aug. 29-Sept. 2: Army artillery training; and
- Aug. 30-Sept. 1: Army demolitions training.

Lyman/Flagler — Traffic modifications began, yesterday, at Schofield Barracks’ intersection of Lyman and Flagler roads in order to add traffic and pedestrian signals to the intersection. The inbound lane of Lyman near Flagler was closed on Thursday.

Today, the outbound lane of Lyman Road will be closed, 9:30-10:30 a.m. Flagmen will be used to contraflow traffic in the open lane.

Turns will be limited at the intersection to provide two lanes of traffic. The contractor will have appropriate signs and barriers for lane closure and traffic diversion of the roadway.

29 / Monday

Repaving — There will be partial road closures on one lane until Sept. 22, weekdays, 7:30 a.m.-4 p.m., at Schofield Barracks’ Lyman Road (between Hewitt and Carpenter) in order to repave the road.

Partial closures will allow two-way traffic flow on the opposite lane. Alternate routes will be through Waianae Uka Avenue, Hewitt Street and Kolekole Avenue.

Park Place, Phase 3 — The third phase of parking lot closures for construction work at Fort Shafter’s Signal Road continues as Phase 3 begins. The northeast stalls will be blocked off through Sept. 5. The project should conclude by Sept. 12.

Wisser, Continued — Intermittent road closures begin, today, at Fort Shafter’s Wisser Road and Bonney Loop for the installation of a new water main line, 8:30 a.m.-5:30 p.m., until Sept. 30. This is a continuing project.

The parking lot and Bonney Loop adjacent to Bldg. 520 will be restricted to local traffic only. While the intersection of Bonney and Wisser is closed for construction, a flagger will be at the southern intersection of Bonney Loop and Pierce Street to facilitate access to Bldg. 520.

A second flagger will be stationed farther up Bonney Loop to facilitate the movement of cars and pedestrians adjacent to Bldg. 520.

The parallel parking stalls along the southern perimeter of the parking lot will be restricted to allow for two-way traffic movement. When no work is being done at the intersection of Wisser and Bonney, it will be reopened, and the road closure will be reduced.



September

8 / Thursday

Historic Road Closure — There will be a partial road closure at Fort Shafter’s “historic” Palm

Circle Drive, near building T-112, for utility installation. The affected part of Palm Circle will be restricted to one lane access from today through Oct. 8. During work hours, the contractor will have appropriate signs and barriers for closing each side of the roadway.

October

15 / Saturday

WAAF Power Outage — The Wiliwili Housing Area on Wheeler Army Airfield will be without power, 7 a.m.-3 p.m., for construction work.

Ongoing

Back Door — Customers requiring services at the Soldier Support Center, Bldg. 750, Schofield Barracks, must enter from the back of the building through the lanai walkway due to construction and landscaping projects. Access will be constricted until the end of November.

All human resources, finance, transportation and replacement detachment services remain available during normal duty hours.

Kolekole Detour — There will be a partial road closure of Kolekole Avenue fronting the Schofield Inn for construction. The westbound traffic will be detoured onto Trimble Road northbound until the intersection with Cadet Sheridan Road – where a left turn will be taken onto Cadet Sheridan southbound – is returned to Kolekole.

This detour will continue, weekdays, 8:30 a.m.-5 p.m., until Sept. 16. A message board will be placed on Kolekole prior to the roadwork and notifying motorists of the upcoming detour.

Spies hope to glean intelligence from troops

All must watch out for foreign agents about

FRANKLIN FISHER
Army News Service

CAMP RED CLOUD, South Korea — It’s a Friday night and a group of Soldiers are getting the weekend started at their favorite bar off post.

It’s a place where the Soldiers feel comfortable, where they can unwind, talk smack, drink beer, and where they and the bar employees know one another by first name.

The Soldiers feel themselves among friends. But according to U.S. Army intelligence authorities, friends aren’t necessarily the only ones in the room. There may also be intelligence operatives working for foreign governments – spies – trying to blend in and pick up even the most routine items of information, said War-rant Officer Christopher Douglas of the 524th Military Intelligence Battalion.

With patience, reeling in one seemingly unimportant detail at a time, they can gradually fit together a picture of how the U.S. military is operating in a given area.



Photo by U.S. Army

This World War II U.S. government poster warns of the need to beware of enemy spies.

So intelligence authorities are reminding Soldiers to be on their guard against foreign intelligence agents, and that if

they think someone might be a foreign agent, to report their suspicions to the au-thorities right away.

“Soldiers may go out and have a good time and not realize that they’re being watched or listened to,” Douglas said.

A typical hunting ground for foreign agents is any place they know draws U.S. service members. That could be the “Ville” outside Camp Casey in Dongdu-cheon, for example. Or it could be the beach on the North Shore of Hawaii. Or it could be countless other places through-out U.S. installations and communities where service members congregate.

The agents can get useful information just by getting within earshot of a group of Soldiers, especially Soldiers who may be drinking and talking loudly and care-lessly.

“It may seem not important, but to someone who’s piecing together infor-mation, they may be able to glean a big-ger picture of what’s happening,” Douglas said.

“Something as simple as when your unit is set to go to the field or when they’re set to start the next exercise” can give foreign spies something useful, he said,

“which then can lead to, ‘Okay, well, if we know they’re going to have an exercise, we know they’re going to have convoy op-erations at this time.’ It can lead to several other avenues.”

Other types of routine information can help foreign agents stitch things together.

Who’s on the unit alert roster? How many Soldiers in the unit? What’s the Sol-dier’s job? What’s his security clearance level? How long does he expect to be sta-tioned in an area? Does he have friends planning on requesting an extension on their tour?

Agents can also look to start conversa-tions with Soldiers.

“Maybe he buys him a beer, buys him a drink and they just chat,” said Douglas.

And if they can ease an unsuspecting Soldier into any kind of friendly relation-ship, that opens even bigger possibili-ties for trained spies. If the Soldier needs money, the agent may offer it.

“Maybe that person doesn’t even ask for anything in return for the money,” said Douglas. “Maybe they say, ‘Hey, here’s the money. I don’t need anything in re-turn right now, but later on, I may need a favor.”

Army Reserve honored for energy efficiency projects

Story and photo by
JONELLE KIMBROUGH

9th Mission Support Command and
99th Regional Support Command

The Army Reserve’s 9th Mission Sup-port Command and 99th Regional Sup-port Cmd. have garnered accolades from the Department of Energy 2016 Interior Lighting Campaign (ILC) awards.

This is a recognition and guidance pro-gram designed to help identify and imple-ment savings opportunities from high ef-ficiency interior lighting solutions.

Currently, the Army Reserve is among 49 participants in the program that in-cludes the 9th MSC, 63rd RSC, 81st RSC, 88th RSC and 99th RSC.

This year, 13 agencies were recognized for outstanding performances in their ap-plications of lighting systems. For their energy conservation and efficiency ini-tiatives, both the 9th MSC and 99th RSC received awards as Exemplary Federal Government Sector Sites.



The 9th MSC and 99th RSC have replaced fluorescent light bulbs with energy efficient LEDs in Army Reserve facilities in Hawaii and Pennsylvania, saving energy and money. Their efforts gained accolades from the DOE’s Interior Lighting Campaign.

The 9th MSC’s award was for a lighting replacement project at the Army Reserve Center in Guam. It replaced two-lamp (56 watt) and four-lamp (124 watt) fluo-rescent lights with 36 watt light emitting diodes (LEDs).

The project reduced energy use by 62 percent and resulted in an estimated an-nual energy savings of 125,000 kilowatt

hours, which could power 11 average homes in the U.S.

As part of its Energy Savings Perfor-mance Contract, the 99th RSC replaced three-lamp (86 watt) and four-lamp (108 watt) fluorescent lights with 46 watt and 61 watt LEDs at Technical Sergeant Ver-non McGarity Army Reserve Center in Coraopolis, Pa.

“While many sites in the 99th’s area of responsibility received LED upgrades un-der the ESPC, the McGarity ARC was one of the largest sites to receive an upgrade, and thus was a good candidate to nomi-nate for the award,” said Justin Drigon, en-ergy management coordinator, 99th RSC.

The project saved 184,000 kWh for a to-tal energy reduction of 51 percent.

“(The project) has reduced our energy consumption and ecological footprint as a whole,” said Christina Vicari, energy co-ordinator for the 9th MSC. “The accumu-lation of these efforts starts to take effect eventually. Sometimes, you do not see the benefit or the result of all your efforts with all the time and effort that goes into these projects. The award is confirmation that the team here is making a noticeable difference in the 9th MSC’s overall energy strategy plan.”

“The award means a lot for the team here,” Drigon agreed. “It is great to see that hard work and attention to detail pay off.”



Healing Waters

Paddlers of Ka Mamalahoe Canoe Club's Malama Na Koa wounded warrior team participate in a race at Ke'ehi Lagoon, July 23.

Paddling culture creates community, camaraderie

Story and photos by
CAPT. LIANA KIM
9th Mission Support Command Public Affairs

HONOLULU — Soldiers, veterans, wounded warriors, families and friends gathered at Fort DeRussy beach, here, early Saturday morning, for the 7th annual Na Koa Hawaiian Canoe Paddling regatta.

Governor David Ige and Sami Takai, spouse of recently-passed Congressman Mark Takai, each shared heartfelt words of support and encouragement during the opening ceremony of this full-family competition for which participants have been practicing all year.

“My favorite part of the regatta was to see family, friends and service members interact in a race with no worries at that moment,” said Spc. Tara Salinas, an Army Reservist assigned 322nd Civil Affairs Brigade and a paddler of Ka Mamalahoe Canoe Club Women's. “To be at one with

the ocean and feel a fraction of what the water has to offer (is) healing.”

Growing and flourishing

Ka Mamalahoe Canoe Club's owner Scotty Thompson started the club years ago with the personal goal of providing a therapeutic outlet for those in need of healing from physical or emotional wounds.

He did not anticipate working with military service members; however, when approached by the Warrior Transition Battalion to form a partnership, he welcomed the opportunity to aid wounded warriors on their path to recovery. For the past few years, the partnership has flourished and continues to grow each year.

“This is one of the best programs I have seen since coming to Hawaii. This club and its members spend their time and equipment to take us on the water

just for the love of paddling. I cannot ever thank them enough for what they have done for me,” said retired Staff Sgt. Angie Kerns, a veteran paddler.

“I didn't think I could paddle due to my shoulder injury, but from the first moment I arrived, the (paddling coaches) made me feel welcome and showed me the proper way to paddle,” she said. “It is great exercise, and being on the water gliding is so peaceful.”

“Even on tough days, we are not alone because everyone is there to pick you up,” said retired Staff Sgt. Daniel Moncada. “Once in the water, you start to forget what is bothering you and continue to have fun with your crew.”

Community cleanup

Many of the paddling clubs, including Ka Mamalahoe, practice several times per week at Ke'ehi Lagoon Beach Park. Sadly, at least once per year, the lagoon is flooded with debris and sewage spills resulting from major storms.

This year, the damage was incurred by Tropical Storm Darby, July 25. For several days, paddlers, Soldiers, veterans, Soldiers of the WTB, families and friends converged on the devastated beach to remove trees and rubbish from the waters of the lagoon, which is also one of Hawaii's last remaining natural fishing areas.

“Ke'ehi lagoon disaster was heartbreaking because for most of us paddlers it is our home away from home, and it provides so much serenity,” said Salinas, who participated in the clean up. “We couldn't stand to let our waters look like this.

“We understood the importance for our races, for our ocean, for the sea life within the water, but

also for the homeless around who help supervise the canoes and halu (canoe storage),” Salinas added. “We also have a lot of keiki who come and race in the lagoon, and safety is a big priority.”

“What keeps me paddling,” Kerns said, “are the friendships I'm building, and the fact that I'm growing stronger every day.”

Club Membership

“Membership in the Malama Na Koa Paddling Club is not limited to just the WTB. Active duty service members, retirees, both non-combat and combat veterans, National Guardsmen, and Army Reservists are welcome to join.

We even have members that are Vietnam veterans.

Associated club Ka Mamala Hoe also provides extended memberships for civilians of all ages, including keiki of at least 8 years of age,” said Spc. Tara Salinas, Malama Na Koa women's novice B paddler.



Gold Star family members receive instructions about participating in the 7th Annual Na Koa Wounded Warrior Regatta wearing placards on their backs featuring a photo of their loved ones who gave the ultimate sacrifice for our nation. Gold Star families paddle in honor of their loved one who has passed, and wear either their photo or name tapes, hats or other items in loving memory during the regatta.



Fellow Ka Mamalahoe Canoe Club members welcome Chief Warrant Officer 3 Wandy Tumlin of U.S. Army-Pacific back to shore through a traditional paddle archway.



Soldiers, paddlers and friends of Ka Mamalahoe Canoe Club and Malama Na Koa Wounded Warriors work to clean up Ke'ehi Lagoon Beach Park, July 28.




Briefs

Today

Intramural Sports Deadline — Co-ed Softball, Co-Ed Cross Country, Co-Ed Flag Football registration closes. Enroll at USAG-HI physical fitness centers. Call 655-9914 or 655-0856.

Hawaii Lunch Buffet — Join us at the FS Hale Ikena or the SB Kolekole Bar & Grill, 11 a.m.-1 p.m., for a traditional Hawaiian style feast. Call 438-1974 (FS) or 655-4466 (SB).


Lei Making — Arts & Crafts helps teach you to make a beautiful lei, \$15, 1-2 p.m. Go to the SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.



Ladies Afternoon Tea — SB Tropics cordially invites you to join us for Ladies Afternoon Tea, 4-6 p.m., with a selection of tea time treats with finger sandwiches, mini muffins, mini cupcakes, cookies and warm fruits scones. Pick your choice of tea, coffee or soft drinks. Cost is \$7.50 per person. Call 655-5698.

Right Arm Night — Enjoy pupus and live music from the 25th ID Band “One Nation.” This free event is open to all ranks, DoD civilians and spouses at the SB Nehelani Conference and Banquet Center, 1249 Kolekole Ave. Call 655-4466.

Na Hoku Pa — Enjoy the sounds of Na Hoku Pa Live, 6-8 p.m., Leilehua Grill as part of the monthly Leilehua Concert Series. Call 655-7131.



Paint and Sip — Grab a glass, an apron and a seat in the SB Tropics Ono Room, 7 p.m., as a local artist instructs you through an original piece of art. All materials supplied, \$35 per person. All skill levels welcome; includes two hours of instruction. Tropics is located at Foote Avenue, Bldg. 589; call 655-5698.

Party Pong Challenge — Show off



Photo by Christine Cabalo, Oahu Publications

Hollyanne Milley, spouse of the Chief of Staff of the Army, shakes the hand of fourth-grade student Bradley Church during her Tuesday visit to Daniel K. Inouye Elementary School.

Distinguished visitor tours DK1

JAN IWASE
Daniel K. Inouye Elementary School

SCHOFIELD BARRACKS — “What’s it like to be a general’s wife?”
“How many places have you lived?”
“Who inspired you?”
“What is your favorite place where you lived?”

These are some of the questions fifth graders at Daniel K. Inouye Elementary School asked their visitor, Hollyanne Milley, wife of the 39th Chief of Staff of the Army. She patiently answered their questions then asked them questions in return.

Milley was visiting the school to learn more about schools in Hawaii and to talk with students about their experiences. After the question-and-answer session, Milley and the other visitors had a beef stew lunch with the students in the cafeteria.

Students comfortably answered questions from the visitors and engaged them in conversation about where they’ve lived, how long they’ve been in Hawaii, what their favorite activities are, and where they would be moving to in the future.

After lunch, the visitors toured the new library media/student center that is nearing completion at the school. They were amazed at the spacious facilities and the bright colors, and expressed appreciation for the Congressional and state funding that made this project possible.

The Daniel K. Inouye Elementary School staff and its students appreciate Milley and the other visitors for stopping by our school.
(Editor’s note: Iwase is the principal at Daniel K. Inouye Elementary School.)

your shot technique, 9-10 p.m., at SB Tropics Call 655-5698.

27 / Saturday

Ceramic Mold Pouring — One session is \$25 and includes supplies at SB Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons, call 655-4202. Open 9 a.m.-noon, Bldg. 572, 919 Humphreys Road.

Ping Pong Tournament — Visit SB Tropics every Saturday night in August at 6 p.m. Sign-ups start at 4 p.m. Win a \$15 Exchange gift card. Call 655-5698.

Karaoke & Open Mic Night — Break

the ice and sing along at SB Tropics, 7:30-10 p.m., every Saturday in August. Call 655-5698.

28 / Sunday

Hale Ikena Sunday Brunch — Join us for a Sunday brunch buffet, 10 a.m.-1 p.m., at \$24.95 per person; reservations encouraged. Breakfast is hosted at FS Hale Ikena, Bldg. 711, Morton Drive. Call 438-1974.

PS4 Tournament — Do you have game? Come out to the Tropics and prove it. Join us to play Mortal Combat. Sign-up begins at 11 a.m.; games begin at noon. No participation fee.

Winners receive \$25 for first place, \$15 for second place and a \$10 Exchange gift card for third place. Visit SB Tropics, Foote Avenue, Bldg. 589. Call 655-5698.

29 / Monday

Mongolian BBQ — Every Monday, join us at the SB Kolekole Bar & Grill for Mongolian barbecue, 5-8 p.m. Choose your own vegetables and meats for a delicious stir-fry. Call 655-4466.

30 / Tuesday

Resiliency through Art — This program focuses on self-expression through art in a small group setting. Registration is required. Every Tuesday 9:30-11:30 a.m., SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Taco Tuesdays — Every Tuesday at SB Kolekole Bar & Grill enjoy three tacos, rice and beans for \$4.99, from 5-8 p.m. Call 655-4466.

Quilting and Sewing — Join us every Tuesday for quilting and sewing, from 5-8 p.m. Cost is \$25, first class; \$6, each additional class. Ages 17 & up recommended; for younger patrons, visit SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.




Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 5-8 p.m. Cost is \$100 for once-a-week for 10 weeks. Ages 17 & up are recommended. Visit the SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

September

1 / Wednesday

ACS Play Mornings — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children, 10-11 a.m., SB ACS Bldg. 2091. Call 655-4227.

Keiki Night — Every Wednesday, 5-8 p.m., join us at the SB Kolekole Bar & Grill for Keiki (kids) Night. Kids under 10 eat for only \$2.99 from the kids’ menu. Call 655-4466.



2 / Thursday

Mom & Tots — Join us at SB Arts & Crafts for a mom (or parent/guardian) mixed media crafting for \$5, from 10-11 a.m. The Arts & Crafts Center is in Bldg. 572, 919 Humphreys Road. Call 655-4202.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Fisher House Run Sign-Up — Registration continues for the Sept. 10, 8K Hero & Remembrance Run, Walk or Roll 2016 that begins at the Pacific Aviation Museum on Ford Island. Event information and registration is at www.eventbrite.com. Also visit Tripler Fisher House on Facebook.

27 / Saturday

Hiking — The Kolekole Trail (hiking and walking) is open on Schofield Barracks to authorized patrons this weekend from 5:30 a.m.- 6:30 p.m.

Family Fishing — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread). For information/reservations, call 233-7323.



Custom Car Show — Now in its seventh year, Spocom will utilize both the Blaisdell Exhibition Hall and Arena, 5-11 p.m., in order to accommodate over 250 vehicles.

30 / Tuesday

Hui Super Sign-Up — Annual free spouse event

SATURDAY BEERFEST



Courtesy photos

WAIKIKI — The Great Waikiki Beer Festival, featuring headliner Kenny Loggins (inset photo) and top local and mainland breweries, will be held on the resort’s Great Lawn. Military admission tickets are \$59, including tastings.

welcomes back members and invites new membership, 6-8 p.m., Leilehua Golf Course. For more information or to register for a table, go to the Hui ‘O Na Wahine website at www.schofieldspousesclub.com.

31 / Wednesday

Expectant Moms — Military moms can meet an award winning author, Heidi Murkoff of the “What to Expect When Expecting” series, 11 a.m. to 2 p.m., Aug. 31 and Sept. 1, at the free Special Delivery Baby Shower at historic Hickam Officers Club.

Register at uso.org/specialdelivery. Call the USO Hawaii at 422-1213.



September

2 / Friday

Commemoration — Battleship Missouri Memorial at Pearl Harbor will host a commemorative 71st anniversary of the official ending of World War II, 8 a.m., at the battleships fantail.

Former Congresswoman Colleen Hanabusa will be the keynote speaker. Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center beginning at 7 a.m. Call (toll-free) 1-877-644-4896 or visit USSMissouri.org.

4 / Sunday

Sea Life Park Keiki Sunday — Quarterly event provides two free children’s admissions (under 12) for each paying adult, 10 a.m.-2 p.m., with the theme highlighting the Hawaiian Green Sea Turtle. Call 259-2500 or visit sealifeparkhawaii.com.

Comic Jam Hawaii — Pearlridge hosts a regular social event of local artists who create collaborative cartoons, illustrations and sketches while “talking story,” 1-4 p.m. Approximately one dozen artists – professionals and hobbyists – will gather and create cooperative art. Keiki and their families are invited to participate or just watch these comic masters in action, Sundays, Sept. 4 and 18, and Oct. 2 and 16,

6 / Tuesday

Windward Choral Society — The 100-voice ensemble is seeking sopranos, altos, tenors and basses for an open house rehearsal, 6:30 p.m. for newcomers, 7 p.m. for returning singers, at the Kailua United Methodist Church, 1110 Kailua Road. Rehearsals are on Tuesday nights, 7-9 p.m. Visit www.thewindwardcharalsociety.org.

10 / Saturday

Sgt. Smith Theater Free Screening — Studio appreciation free screening, 4 p.m., with doors opening at 3 p.m. Tickets are available for the PG-rated movie at the Schofield Food Court.



This Week at the
MOVIES
Sgt. Smith Theater



Star Trek Beyond

(PG-13)

Fri., Aug. 26, 7 p.m.



Ice Age: Collision Course

(PG)

Sat., Aug. 27, 4 p.m.

Family Night Feature: The Secret Life of Pets

(PG)

Sat., Aug. 27, 7 p.m.

Lights Out

(PG-13)

Sun., Aug. 28, 5 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	and Recreation	Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
	FMWR: Family and Morale, Welfare	SB: Schofield Barracks	
		SKIES: Schools of Knowledge,	



ALA brings Hawaii flavor to military stores

More than 70 local companies, including Diamond Bakery (above), display samples for military buyers during the 19th annual American Logistics Association Hawaii show, Aug. 16. At ALA, businesses from Oahu and the neighbor islands demonstrate and offer products that are unique to the state.

Story and photos by
CHRISTINE CABALO
Staff Writer

HONOLULU — Buyers hungry for a taste of Hawaii found their fill at the 19th annual American Logistics Association Hawaii show held Aug. 16.

More than 70 Hawaii businesses featured their unique foods, drinks, beauty products and other specialty items for military commissaries and exchange personnel to sample.

Here, local businesses are able to negotiate contracts with the military buyers to sell their local products at military retailers serving Soldiers, retirees and their families worldwide.

“In peace and wartime, our services and merchandise are available to service members to make them more comfortable,” said Robert Rice, general manager for Hawaii Exchange. “It’s important for us to have partners in Hawaii to fulfill that mission.”

Statewide participation

Local business owners from Oahu, as well as the neighbor islands, are annually featured in the show. The ALA staff helps these Hawaii companies in applying for the right permits and following the regulations needed in order to do business with military stores.

Many of these products are found only in state and can be a new experience for service members to try.

“Our clientele is largely, about 80 percent, the troops,” said Brad McMinn, general manager of the Schofield Barracks Commissary. “A lot of stuff from Hawaii is new to them. We do a lot of demos of products with Hawaii flavors. They develop a liking for them and look for those products when they leave here. Soldiers also take them back to the mainland, so these products are selling not only in Hawaii, but in other locations.”

After the show, new items may be on



Mike Yonemura of Diamond Head Seafood adds kimchee to a plate during his company’s showcase of fresh seafood and nonperishable food products at the Aug. 16 show.

Hawaii’s military retailer shelves within the next 45 days.

Eight Hawaii companies consistently make more than \$1 million in sales at military stores, said Sharon Zambo-Fan, chairperson of the ALA Hawaii show.

Out of the more than 70 companies at the show, 15 of them were local businesses presenting their products to military buyers for the first time. Among the first-time presenters was Hawaiian Pie Company. The bakery may be new to commissary and exchange personnel, but has a long history of baking for the community from its Kalihi neighborhood store.

Like many of the local businesses in the show, Hawaiian Pie Company also has its own flavor and style – found only in Hawaii.

“Our specialty is a passion orange guava or P.O.G pie,” said Jan Hori, of Hawaiian Pie Company. “A lot of our customers, if they’re coming or going on the airlines, will come home to get this pie especially. They think of Hawaii when they eat the pie. Some even freeze the pie and eat it when they are homesick.”

Veteran vendors

Alongside the first-time presenters, the show also featured long-time local vendors who were part of the show during its first year. Diamond Head Seafood, which sells fresh seafood, marinades, kalua pork and other foods, was one of the first vendors featured in the Hawaii show.

The company is one of highest earning businesses, last year selling \$4.4 million worth of their products at military retailers. The seafood company made local-style plate lunches with its fresh catches and the other company products for buyers at the show.

Diamond Head Seafood staff said it is also looking to expand sales, working on a potential system to offer fresh fish to military retailers abroad when they come across especially good deals.

“We buy our fish daily from the Honolulu fish auction,” said Mike Yonemura, of Diamond Head Seafood. “Several of our buyers go to the auction, and on the same day we deliver fish from auction to stores. Freshness and sustainability are important to us.”

Yonemura said he’s glad to see more local businesses get involved with the show and appreciates how, by working with the military buyers, they are supporting service members.

Military buyers said they are also expanding the type of products they are offering in their stores, paying attention to trends. McMinn said he’s noticed the trend of people moving away from sugar-laden sodas and into teas or other new styles of drinks that are can be made



Hawaiian Pie Company’s freshly baked pies and cookies, one of 15 new local companies featured at the American Logistics Association Hawaiian Food Show, display their goods.

locally like aloe or noni drinks.

Although the products may sound exotic, each product meets strict standards and is sold at a fair price to military customers.

“The military vets everything,” said Keith Hagenbuch, executive director of store operations for the Defense Commissary Agency. “They check prep areas, checking to make sure everything is sanitary. If food or a product is made in someone’s garage, it’s not cleared. They are very strict on the environment products are made on.”

Zambo-Fan said both before and after the show, the ALA staff works with local companies in what might be the start of something big.

“These are items made in Hawaii, unique to Hawaii, who can get an exclusive distribution of their items nationally, maybe even globally,” Zambo-Fan said.

Hawaii PXs will return to fee-free holiday layaways

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

SCHOFIELD BARRACKS – Once again, the Army & Air Force Exchange Service is offering fee-free layaway for Soldiers, families and retirees who want to get a jump-start on their holiday shopping and keep gifts hidden safely out of sight from prying eyes.

Starting Sept. 1, the Schofield and Hickam Exchange will waive the \$3 service fee for items that are placed on layaway and paid for by Dec. 24, including toys and bikes.

Purchases of \$25 or more are eligible for the layaway plan.

“By waiving the service fee, the Schofield and Hickam Exchange is giving military shoppers extra incentive to consider layaway, both as a budgeting tool and as a way to keep snooping loved ones from finding their gifts before the big day,” said Hawaii Exchange General Manager Robert Rice. “With a few months to go before the holidays, shoppers can start checking off their gift lists – and keep those presents safely hidden.”

A deposit of 15 percent is required to hold items on layaway. Shoppers can visit customer service at the Schofield or Hickam Exchange for complete program details and eligibility information.

DeCA upgrades savings approach

OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE
Public Affairs

The Defense Commissary Agency is forming a new approach to calculating savings, aligning it more closely with private sector practice.

The approach is designed to better reflect what patrons experience daily with the products they routinely buy in the geographic regions in which they routinely shop, agency officials said.

“We hear from our military families that they sometimes find lower prices on selected items outside the gate,” said Joseph H. Jeu, DeCA’s director and CEO. “For the first time through this new approach, we will



compare our prices with local grocers on a more frequent basis to better inform our customers of potential cost savings over stores in their nearby community.

“Our approach to calculating savings will not impact the prices our customers pay or the dollar benefit that they receive,” he added. “There will be no change to their out-of-pocket expense.”

Through this improved process, DeCA will calculate and monitor patron savings more frequently than the current practice. Prices will be compared with actual prices at local competitors surrounding each commissary, as well, using a market basket of products that reflect what patrons normally purchase.

Life after terminal leave has its nightmares



Ever since my retired Navy husband, Francis, went on terminal leave, I’ve been having some pretty weird dreams.

Nowadays, some prefer to use the label “transition leave” because it sounds a little less like someone is about to die, but no matter whether one uses the ominous traditional term or the newfangled sugarcoated expression, both describe the same thing: the period of accrued leave (up to 75 days) that a service member can take before his or her final separation from the military.

Some lucky military service members line up good civilian jobs before their leave time begins, making leave a veritable vacation. Others sail through their leave without a care in the world, knowing they can survive comfortably on their military retirement pay due to independent wealth, or a spouse with a wicked good job, or an absence of major bills like mortgages and college tuition.

But then there are people like us. We have a dog scheduled for expensive knee surgery, two kids with private college tuition, one child who goes over the data limit on her phone every month, a mini-van with 180,000 miles on it and a funny rattling noise in the wheel well, tired old furniture in desperate need of replacement, and an embarrassing amount of accumulated debt.

I could claim that my writing career will carry us, but then again, I could also declare that monkeys will fly out of my belly button. So, it’s a given: Francis has



to get a new job before his terminal leave ends, and he stops receiving a paycheck from Uncle Sam.

During this transition in our lives, we could either fight the psychosomatic effects of stress or embrace them.

Did you know that nail biting actually saves wear and tear on clippers? Facial ticks are a form of exercise. Wine actually tastes pretty good on Tuesday afternoons. Diarrhea can be quite cleansing. And terminal leave nightmares are kind of fun to interpret.

In this week’s nightmare, I had a big, sprawling house with lots of rooms. And even though it was my house, I was surprised by several hidden hallways, staircases and bedrooms. At some point, I became aware that I had houseguests – dozens of them.

The house suddenly looked cluttered and dirty. The dream turned chaotic, as I tried desperately to play hostess to the hoard of guests. I was frantic to find them all clean towels, bedrooms and baths in the complicated maze of my mysterious house. Just before I woke up, I discovered that the bathrooms were infested with gobs and gobs of slimy black mold.

I couldn’t wait to ask Google what



File photo
Lisa Smith Molinari copes with post-retirement nightmares while her husband is on terminal leave from the Navy.

my bizarre nightmare was all about. Apparently, “new room” dreams are actually quite common. According to www.DreamMoods.com, and most other online dream interpretation sources, a house represents “self” or “inner psyche,” and finding new rooms in that house can indicate that the dreamer is facing something new or unknown about himself or herself.

Finding dirty or cluttered rooms implies that some aspect of the dreamer’s

life is in chaos. It can also mean that the dreamer is suffering from some emotional or psychological clutter and needs to release these feelings in order to regain control.

What other common dreams may appear during stressful transitions in life? Teeth falling out can indicate problems with confidence or self-expression. Being late to, or forgetting to study for a school exam implies that the dreamer feels judged or unprepared for a challenge. Dreams of falling happen when one feels unsupported or out-of-control, but are also linked to a “fall from grace.”

Dreams of being naked in public can indicate shame, fear of exposure and vulnerability. Being chased in a dream can represent fear that a secret, an addiction or a debt may catch up with you. Dreaming of being in an out-of-control vehicle can indicate a lack of direction in life.

But interestingly, flying often indicates that the dreamer is feeling empowered and optimistic.

So, for those who have recently retired from the military or are considering retirement, never fear. Even if you find yourself toothless on a date, naked in church, late for a Calculus exam or being chased by wolverines, remember that it’s only a dream.

One day soon, terminal leave will be over, and with any luck, you’ll be flying high.

(For more Molinari insights, visit www.themeatandpotatoesoflife.com.)

SB return becomes a Soldiers’ Chapel homecoming




CHAPLAIN (MAJ.) ERIK SPICER
Integrated Religious Support Team

SCHOFIELD BARRACKS — In the world of Army chapels, there is not much that falls into historic except for the buildings.

The Soldiers’ Chapel, here, is a combination of two churches. The entrance of Soldiers’ Chapel began as part of a church commissioned by Queen Lili’uokalani of Hawaii in 1913. Then in 1925 it was combined with a second chapel and moved to its current location by Quad D.

Soldiers’ Chapel, originally dedicated as an Anglican/Episcopal chapel, served as the home of the different variations of a liturgical service until 2010 when the facility received a facelift. The liturgical service moved to Wheeler Army Airfield Chapel in what was to be a temporary move. After repairs and rededication of the chapel, the service, however, did not move back.

As the building sat empty, a group of chaplains seized the opportunity



File photo


The Soldiers Chapel, here, began as part of a church commissioned by Queen Lili’uokalani of Hawaii in 1913. In September, the 0927 Sacramental Service returns to the chapel with a grand opening service and brunch.

Service will host its grand opening service with brunch following.

In the end, this is not a chapel switch as much as it is a homecoming for the 0927 Sacramental Service.

The old saying is, you can’t go home again.

The 0927 Sacramental Service is not going home again, it is simply returning to the place where it belongs.

<div></div> <p>Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)</p> <p>AMR: Aliamanu Chapel FD: Fort DeRussy Chapel</p>	<p>HMR: Helemano Chapel MPC: Main Post Chapel, Schofield Barracks PH: Aloha Jewish Chapel, Pearl Harbor SC: Soldiers’ Chapel, Schofield Barracks TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield Chapel</p> <p>Buddhist Services</p> <ul style="list-style-type: none">• First Sunday, 1 p.m. at FD• Fourth Sunday, 1 p.m. at MPC Annex <p>Catholic Mass</p> <ul style="list-style-type: none">• Thursday, 9 a.m. at AMR• Saturday, 5 p.m. at TAMC, WAAF• Sunday services:	<p>- 8:30 a.m. at AMR - 10:30 a.m. at MPC Annex - 11 a.m. at TAMC</p> <ul style="list-style-type: none">• Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC <p>Gospel Worship</p> <ul style="list-style-type: none">• Sunday, noon at MPC• Sunday, 12:30 p.m. at AMR <p>Islamic Prayers and Study</p> <ul style="list-style-type: none">• Friday, 1 p.m. at MPC Annex• Friday, 2:30 p.m., TAMC• Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex <p>Jewish Shabbat (Sabbath)</p>	<ul style="list-style-type: none">• Friday, 7:30 p.m. at PH <p>Pagan (Wicca)</p> <ul style="list-style-type: none">• Friday, 7 p.m. at Wheeler Annex <p>Protestant Worship</p> <ul style="list-style-type: none">• Sunday Services-9 a.m. at MPC-9 a.m., at FD, TAMC chapel-10 a.m. at HMR-10:30 a.m. at AMR-11:30 a.m. at WAAF (Spanish language)-11 a.m. at SC (Contemporary) <p>Liturgical (Lutheran/Anglican)</p> <ul style="list-style-type: none">• Sunday, 10 a.m. at WAAF
--	--	--	--

March2Success offers free standardized test help

HONOLULU ARMY RECRUITING COMPANY
News Release

HONOLULU — Students seeking help with preparing for college entrance exams or looking to improve their math, English and science skills can do so for free with the March2Success.com online study program.

In addition to test preparation materials and self-paced study programs, the site offers seven full-length, free practice tests for both the SAT and ACT, as well as an entire section dedicated to science, technology, engineering and math coursework.

March2Success
March2Success, a public service provided by the Army, offers guides to walk users through the entire college application process and also has a monitoring tool for parents and educators to track student progress, test scores and completed lessons.

“March2Success is the Army’s gift to public education,” said Tony Castillo, chief of education for U.S. Army Recruiting Command at Fort Knox, Ky. “We want students to stay in school and be quali-



Courtesy photo

The March2Success program, offered by the Army, takes college applicants through the college application process.

fied for life, whether they decide to join the Army or not. We want them to have every opportunity to become productive members of society.”

The free online academic readiness

program, featuring curriculum designed by Peterson’s and the College Options Foundation, provides students easy access to test preparation materials to help improve their scores on standardized tests, like state exit exams, college entrance exams and military entrance exams.


While March2Success does offer assistance with improving scores on standardized tests, which includes the Armed Services Vocational Aptitude Battery, this program is not part of a military recruiting effort, according to Castillo. There is no obligation to use the service, and no personal information is collected or shared.

“More than 70 percent of today’s youth do not qualify for military service, and low aptitude accounts for nearly 10 percent of disqualifications,” said Maj. Gen. Jeffrey Snow, commanding general for U.S. Army Recruiting. “So, yes, this program can help increase the number of young people who are eligible for military service, but more importantly, it helps improve the opportunities for success for all students, regardless of their desired career path.”

The STEM tab alone provides tools

to improve skills for a variety of career paths. It offers support for those interested in improving skills in economics, financial accounting, calculus and physics, and it also offers a nursing entrance exam practice test for PAX-RN, PSB Registered Nursing School Aptitude, and more.

Site content includes self-paced study programs in math, English and science, with materials focused primarily on grades 8 to 12. March2Success.com is available for free to anyone over the age of 13.



Courtesy of march2success.com

Points of Contact

For additional information on March2Success or to request an interview with an education specialist in the local area, contact Thomas Rossiter at (808) 541-1632.

EFMP systems navigators are designated to assist families

ALEXANDRA WHITE
Exceptional Family Member Program
Army Community Service

SCHOFIELD BARRACKS — As Army Community Service’s Exceptional Family Member Program (EFMP) systems navigators, we are here to serve military family members who have special needs.

We recognize that transferring to a new duty station with an EFM can be challenging, and we want to help you develop supports within our local community.

We have developed many partnerships with local agencies that can undoubtedly enrich your time here in Hawaii.

In addition to connecting you with



File photo

community resources, we also provide support within the Special Education System. We offer assistance with requesting initial evaluations, reviewing Individualized Education Plans and attending school meetings upon request.

As systems navigators, we aim to educate and empower you and your EFM.

We look forward to assisting you.

(Editor’s note: EFMP, ACS, is part of the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.)

EFMP Meet and Greet

Please join us for crafts, trick or treating, and our systems navigators meet and greet. This event will be held at Army Community Service, 12:30 p.m., Oct. 26.

Also, please monitor our web page for quarterly support groups. Reservations are required:

- Go to www.HiMWR.com/ACS.
- Click on Class Calendar.
- RSVP in the “Comments” section; include number of participating family members, sponsor name, EFM name and EFM date of birth.



Systems Navigators are Army Community Service EFMP staff members located on most Army installations. They are trained and knowledgeable about the systems of care used by families with special needs.

The primary role of a Systems Navigator is to navigate families through the available systems of care.

- Identify family strengths and needs.
- Help identify and prioritize EFM and family goals.
- Develop a Family Service Plan to reach goals.
- Make referrals to required services.
- Provide information about disabilities or medical conditions of concern.
- Identify support groups and social activities.
- Strengthen family’s ability to advocate for EFM.

Source: myarmyonesource.com

Zika virus information, protection updated

ARMY ENVIRONMENTAL COMMAND
News Article

Nearly every state is reporting cases of the Zika virus; only Idaho, South Dakota, Wyoming and Alaska have not reported it.

As of Aug.10, there are 69 confirmed Zika virus cases in Military Health System beneficiaries, including 52 service members, nine dependents and eight retirees. There is one confirmed case in a pregnant service member.

The majority of cases of Zika in the U.S. have been travel-related.

Between July 29 and Aug. 10, Florida health officials have reported 21 Zika cases, including at least four probable cases and one pregnant woman, which were likely acquired through local mosquito transmission in a one-square mile area of Miami-Dade County, just north of downtown Miami.

Only about one in five people who have Zika show symptoms. You may have Zika and not know it. Even those with symptoms do not usually get sick enough to go to the hospital.

The most common symptoms of Zika are fever, rash, joint pain, and pink eye (conjunctivitis). These symptoms can last several days to a week and are typically mild.

See your health care provider if you develop any symptoms or have additional questions.



Photo courtesy of www.aec.army.mil
New information concerning Zika virus is being gathered and distributed by government agencies.

to any area known to have active ongoing Zika transmission. If you have recently traveled to an area active for Zika, you should talk with your health care provider about Zika virus testing.

Zika may cause serious birth defects in babies born to women who were infected with the Zika virus during

pregnancy. Men with Zika can spread the virus to their partners during sex. Even if you show no symptoms, use condoms every time you engage in sexual activity. Abstinence is the only way to ensure you do not get sexually transmitted diseases like Zika.

Though Army pest managers are aggressively implementing control measures, the *Aedes aegypti*, which is the mosquito species most capable of spreading Zika, is difficult to control. They tend to live and breed near covered structures and stay near humans, so aerial spraying is not very effective.

The best way to prevent Zika is to avoid contact with mosquitoes by remaining indoors in air-conditioned locations, wear long-sleeved protective clothing, apply effective mosquito repellant, and eliminate/avoid ANY standing water.

More Online

To see a list and map of areas reporting active mosquito transmission of Zika virus, visit the CDC website at wwwnc.cdc.gov/travel/page/zika-travel-information.

For more information about the Zika virus, visit these sites, too:

- <http://health.mil/zika>.
- <https://phc.amedd.army.mil/topics/discond/diseases/Pages/Zika.aspx>.
- www.health.mil/Military-Health-Topics/Health-Readiness/Armed-Forces-Health-Surveillance-Branch/Integrated-Biosurveillance/Surveillance-Summaries.
- www.cdc.gov/zika/symptoms/symptoms.html.
- www.cdc.gov/zika/geo/united-states.html.
- www.cdc.gov/zika/geo/active-countries.html.

Attention needed for healthy keiki eye development

TRICARE
News Release

August is Children’s Eye Health and Safety Month.

Children have several common eye problems. Being aware of them will help you make sure that your children’s eyes are healthy and that their vision is protected.

According to the Centers for Disease Control, amblyopia, or “lazy eye,” is the most common cause of vision problems in children. “Lazy eye” occurs when the brain favors using one eye over the other.

About two to three percent of people have amblyopia. It is the most common cause of permanent vision impairment among children, young and middle-aged adults, and there are several causes, such as strabismus (associated with eyes that cross) and astigmatism.

Cross-eyes occurs when the position of the eyes is imbalanced. This imbalance makes the eyes cross in or turn out, which causes the affected person to appear to look in different



Photo by U.S. Army
Keiki need routine eye exams.

directions and not focus on the same point at the same time.

When the eyes can’t focus on the same image, then depth perception is reduced. Depth perception is the

ability to know where an object is based or where it is in your field of vision. If left untreated, the brain might learn to ignore one eye. This can lead to permanent vision loss in the eye that is being ignored.

Astigmatism is a common vision condition that causes blurred vision. It occurs when the cornea (the clear front cover of the eye) is irregularly shaped.

There are treatments available for both lazy eye (strabismus) and cross-eyes (amblyopia). One common treatment involves patching the dominant eye to encourage the brain to use the other eye, according to the National Eye Institute. Your child’s eye would only have to be patched for two to six hours a day.

Another common treatment is the use of eye drops that temporarily blur vision in the dominant eye. These therapies typically last a few weeks to a few months and can prevent years of potential vision loss. Your child’s doctor should check for amblyopia and strabismus during well-

child visits.

You may take your child to an optometrist or an ophthalmologist to screen for eye health as well. Routine eye exams are part of well-child visits. TRICARE covers well-child visits up to age 6.

Optometry Clinic, U.S. Army Health Clinic Schofield Barracks

The Optometry Clinic provides comprehensive eye care services to all active duty military. Retired military personnel, family members and other DoD/TRICARE beneficiaries, ages 5 and above, are seen on a space-available basis.

The Optometry Clinic is located on the second floor of Bldg. 676 of the Schofield Barracks Health Clinic, directly above the Pharmacy.

The Reception Desk is at 433-8462.

Device security becoming a fitness routine consideration

TRICARE
News Release

You eat right and exercise to make sure your body is fit. But do you take time to check the health of your fitness devices?

Fitness tracking wearables and mobile devices store data about your health and physical activities. If they become infected, cyber thieves have access to this information.

Health care protection

Your health care information is valuable and should be protected. According to the Federal Trade



Commission, a thief may use your name or health insurance numbers to see a doctor, get prescription drugs, file claims with your insurance provider or get other care.

If the thief’s health information is mixed with yours, your treatment,

insurance and payment records, and your credit report, may be affected.

Protect your personal health data when entering it into your wearable devices, mobile apps and Web sites, especially those with interactive tools that track your information. Limit the number of apps that can access your health care data directly and adjust the app settings to restrict the number of other apps they share data with. Set your preference to update them often.

Research apps before downloading them and never post your full name, Social Security number, address, phone number or account numbers in publicly

accessible sites. If any site requests your Social Security number, request to use a different form of identification.

Here’s a pro tip: If you’re asked for your mother’s maiden name as a password reset challenge question, for example, make up your own name.

You are the center of your health care. Empower yourself to protect your information.

More Online

For more information about cyber fitness, visit www.TRICARE.mil/cyberfit.

Healthy start to the new school year starts with vaccinations

MELISSA STAFFORD JONES
U.S. Department of Health and Human Services

In August, you'll see back-to-school ads from virtually every store. These ads will try to convince you that you need to buy clothes, shoes, supplies, sporting equipment, lunch-making materials, cleaning wipes and a myriad of other products.

The average family will spend in excess of \$600 per child for back-to-school items – and significantly more for college-bound students, especially when they need to furnish that freshman dorm room. Back-to-school has become the second largest shopping season in the year.

There is one more item that should be on your back-to-school list: immunizations!

Immunizations are something every child and young adult should have be-

fore they head back to school. That may be why August is National Immunization Awareness Month.

Some of the greatest medical breakthroughs have been the development of effective vaccines for illnesses, which have killed or injured hundreds of thousands of people in the past.

According to the CDC, "... among children born during 1994-2013, vaccination will prevent an estimated 322 million illnesses, 21 million hospitalizations and 732,000 deaths over the course of their lifetimes, at a net savings of \$295 billion in direct costs and \$1.38 trillion in total societal costs."

New vaccines

In recent years, we've looked eagerly for vaccines for HIV, hepatitis C, Ebola, the Zika virus and other emerging diseases, just as in the past people have

looked for vaccines for polio, measles, mumps, rubella and smallpox.

Many of the vaccinations we receive in this country are for "childhood illnesses." Despite the inoffensive title, these illnesses can be quite serious or even deadly, especially for the very young, the elderly or those with immune systems compromised by diabetes, cancer, lung diseases or other illnesses.

Many people currently live with the long term effects of diseases acquired in childhood –some, like polio – have been largely eradicated thanks to immunizations.

Vaccinations are also important to protect those who for medical reasons can't be immunized. Community Immunity or "Herd Immunity" helps protect these individuals by containing the spread of diseases.

Add this one extra item to that back-

to-school list. Make sure your child is fully immunized. While you're at it, check to see if your immunizations are all up to date, as immunity to many diseases, such as whooping cough and tetanus, can dissipate over time. The flu vaccine, however, is different each year.

There is good news with this back-to-school item though. Recommended vaccinations are available as a preventive health service through marketplace plans, so this won't add to your back-to-school expenses. Just be sure to follow your plan's guidance on where you should get your vaccinations to be sure the cost is covered.

Every child (and parent) should have a safe and healthy school year. Immunizations are an easy way to start out at the head of the class.

(Editor's note: Jones is the regional director of the DHHS.)

New information in on Oahu Hepatitis A

U.S. ARMY PACIFIC SURGEON
News Release

HONOLULU — Public Health officials on Oahu are monitoring an increase in hepatitis A infections over the last several weeks.

Service members are vaccinated against hepatitis A, but many other DEERS-eligible, DoD beneficiaries have not been vaccinated and could be at risk if they consume food and drinks prepared by an infectious food handler.

What is hepatitis A?

Hepatitis A is a contagious liver disease that results from infection with the hepatitis A virus. Symptoms range from a mild illness lasting a few weeks to a severe illness lasting several months.

Hepatitis A is usually spread when a person ingests fecal matter from contact with objects, food or drinks contaminated by the feces, or stool, of an infected person.

What are the symptoms of hepatitis A infection?

Not everyone has symptoms. If symptoms develop, they can include fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, joint pain and jaundice (a yellowing of the skin or eyes). Persons should seek medical attention immediately if they develop symptoms.

How can I prevent hepatitis A infection?

The best way to prevent hepatitis A is through vaccination. Eligible DEERS beneficiaries can protect themselves and their families through vaccination at these clinics:

Tripler Army Medical Center (TAMC) Allergy and Immunization Clinic
(808) 433-6334
www.tamc.amedd.army.mil/offices/allergy/allergy.htm
TAMC Adult Routine Immunizations (only)
Walk-ins, Monday-Friday, 8 a.m.-3:30 p.m.
Note: Pediatric patients please contact Pediatric immunizations at (808) 433-6234.


Schofield Barracks Army Health Clinic
Immunizations (Troops), (808) 433-8800
<http://www.tamc.amedd.army.mil/sbhc/hours.htm>
Monday, Tuesday and Friday, 6:30 a.m.-noon, 12:45-3:30 p.m.;
Wednesday, 10 a.m.-noon, 12:45-3:30 p.m.; and
Thursday, 6:30 a.m.-noon, 2:30-3:30 p.m.


Schofield Immunizations (Family)
(808) 433-8129
Monday, Wednesday, Friday, 7:30-11:30 a.m., 1-3 p.m.
Tuesday, 7:30-11:30 a.m., 1-2 p.m.,
Thursday, 7:30-11:30 a.m.

Warrior Ohana Medical Home
(808) 433-5420
91-1010 Shangrila St., Kapolei, HI 96707
Immunizations provided only to patients enrolled in clinic with Tricare Prime coverage.
Walk-ins 8:15 a.m.-4:15 p.m.; closed for lunch 12:20-1:20 p.m.


Learn More

For more information on the hepatitis A vaccine, go to www.cdc.gov/vaccines/hcp/vis/vis-statements/hep-a.pdf.
Regarding the Oahu outbreak, visit <http://health.hawaii.gov/docd/hepatitis-a-outbreak-2016/>.





Backpack Safety



Textbooks, notebooks, lunch, toys ... how much weight is your child toting back and forth each day?

Take the load off your child by following these backpack safety tips:

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back.
- The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.